

Africans in Boston Review



AFRICANS
IN BOSTON

Boston, Massachusetts

Monday April 8, 2013

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BOSTON COUNCILOR AYANNA PRESSLEY MEETS AFRICANS IN BOSTON



From left: Samuel Gebru, Laretta Ashu, Ayanna Pressley, Voury Ignegongba, and Joycelina Imafidon

On Sunday March 10, 2013 Boston City Councilor at-large Ayanna Pressley was the special guest of the Africans in Boston bi-weekly mixer Hakuna Sundays. The event took place at the Addis Red Sea Ethiopian restaurant located in the South End. The gathering brought 50+ participants to the venue. The diverse crowd included students, professionals, entrepreneurs, visitors and newcomers to the Boston area. Some were Kenyan, others were Nigerian, Beninese, Chadian, Ethiopian, Cameroonian, Ivorian, Haitian, Jamaican, American, and Caribbean.

Ms. Pressley, a graduate of Boston University and a former Senior Aide to Congressman Joseph Patrick Kennedy II and United States Senator John Kerry was introduced by Africans in Boston Board 's member Samuel Gebru and spoke

for about 20 minutes on issues that she was working on such as economic development, public school education, women and families, public safety. Then Africans in Boston President Voury Ignegongba made a few remarks welcoming Ms. Pressley to Hakuna Sundays and highlighting the opportunity to have a city representative for the entire City of Boston to engage with local Africans.

During the Q&A sessions that followed, Ms. Pressley was questioned on the divide between Africans and African-Americans and education. She replied by emphasizing the need for understanding as it is important for communities to co-exist. She indicated that she'd happy to hear about how to incorporate programs about Africa in schools to help bridge the divide. The crowd then interacted one-on-one with Ms. Pressley while enjoying delicious Ethiopian meals.

NEW PARTNERSHIP WITH SOUTH AFRICAN AIRWAYS

South African Airways is partnering with Africans in Boston effective April 1, 2013. South Africa Airways provide air transportation to different locations on the continent from Boston, New York and Washington, DC. South African Airways is the largest airline of South Africa, with headquarters in Airways Park on the grounds of OR Tambo International Airport in Kempton Park, Ekurhuleni, Gauteng. The airline flies to 38 destinations worldwide from its hub at OR Tambo international Airport, using a fleet of 54 aircraft. South Africa Airways is currently and historically the only African airline to be classified with the prestigious 4-star airline ranking from Skytrax. The new partnership provides members of Africans in Boston with great options to travel to the continent.



South African Airways Logo

Healthcare: Matters of the Heart

Designated by the American Heart Association, February was American Heart Health Awareness Month. Every winter, healthcare providers see an increased amount of heart attack cases than during any other season in the year. Some studies have linked the prevalence of winter heart attacks to snow shoveling especially by patients who do not have a history of being physically active.

Snow shoveling is synonymous to weight lifting. Since weight lifting increases blood pressure, snow shoveling acts the same way. An individual with high blood pressure becomes susceptible to a heart attack during snow shoveling because it spikes up their blood pressure.

Unfortunately, since most people are unaware of their heart health, the first symptom they perceive is during the heart attack episode. This is why it is very important to check your blood pressure regularly. Blood pressure is directly related to the health of your heart. Also, know the warning signs of a heart attack;

Know the Warning Signs of a Heart Attack

1. Squeezing pain in the chest area accompanied by a sensation of being “full”
2. Pain radiating from the chest to your shoulders, arms, back or jaws
3. Shortness of breath or intense nausea especially while shoveling

Heart Disease and Women

Many believe the myth that heart attacks and other related heart diseases only affect men of a certain age. This is wrong. According to the American Heart Association, heart disease kills more women than cancer. Women who smoke or use birth control pills have an increased risk to heart disease. AHA recommends checking your cholesterol levels as young as 20 years old. Staying active and eating healthy are additional ways of managing your heart health. Lastly, know your family history of heart disease. Understanding your family heart history can help determine the lifestyle patterns that put you at risk. Perhaps it's related to the family diet or lifestyle choices such as smoking.

Additional printable healthy heart awareness information on nutrition, healthy recipes, weight management and stress management can be obtained from www.Heart.Org.



Mambi. L.Ashu , M.Sc.,Exercise Science is an Exercise Physiologist and Physical Education instructor. Ms Ashu promotes health care and the benefits of exercise at www.mapetiteniche.blogspot.com



Job Openings

AiB | Open Position: Communications Manager

The Communications Manager is the person in charge of the circulation of the information within and outside of the organization (i.e. weekly newsletter updates, media, TV, radio bookings, community news). The Communications Manager is the person in charge of the Global outreach strategy for AiB (Boston 30+ schools outreach initiative, Massachusetts schools outreach initiative, local organization, companies, corporations and communities outreach initiative, global outreach initiative).

[Click here to read more about the job description.](#)



AiB | Open Position: Paralegal/Legal Assistant Trainee

Africans in Boston is seeking an energetic self-starter to join the team. This is an outstanding opportunity to learn as you work. We will train an enthusiastic, highly motivated, candidate in pre and post-judgment civil litigation casework; court scheduling; asset searching; inbound and outbound phone calls as well as other legal and administrative responsibilities.

[Click here to read more about the job description.](#)



AiB | Open Position: Marketing Manager

The Marketing Manager will oversee the organization's brand and image. (i.e. web site, social media, Facebook, twitter, YouTube, SEO). In collaboration with the Event Planning, Communications and IT divisions the Marketing Manager will develop a marketing campaign to increase online traffic, membership and registration levels. The Marketing Manager will also implement innovative strategies to push Africans in Boston's brand both locally and internationally.(Boston 30+ schools outreach initiative, Massachusetts schools outreach initiative, local organization, companies, corporations and communities outreach initiative, global outreach initiative).

[Click here to read more about the job description.](#)



[Click here to view more pictures](#)

Job Openings

Root Capital | West Africa FAS Coordinator

Reports to: Africa FAS Coordinator

Location: Dakar, Senegal

Start Date: Immediately

Contact: Olivia Omino

HR Coordinator, Africa

jobsafrica@rootcapital.org

Position Status: Full Time, Must Speak English

Summary

The West Africa FAS Coordinator will be in charge of establishing Root Capital's Financial Advisory Services program in the region. The objective of the FAS program is to strengthen the financial management capacity of rural small and medium enterprises (SME's) that are current or potential Root Capital borrowers. The coordinator will arrange financial management training workshops and individual one-on-one onsite training to improve proficiency in budgeting, internal controls, financial analysis and use of financial information for business decision making. The Coordinator will build a network of local third party service providers to service Root Capital current and potential clients training needs throughout the region.

Qualifications and Experience

- A minimum of three to five years of direct experience in financial training and advisory services
- Academic background in finance and/or business administration
- Experience in project management and execution, including administering funds
- Experience in planning, evaluating and systematizing training processes
- Demonstrated experience leading and coordinating teams
- An understanding of the local context (cultural, lingual, political etc.)
- Ability to collaborate and communicate effectively with an international, multicultural team
- Ability and willingness to travel throughout Africa
- Microsoft office proficiency (Word, Power Point, Excel); general proficiency with technological tools and willingness to learn
- Experience underwriting and/or working for a financial institution a plus
- English and French Fluency required; local language proficiency a plus
- Must be authorized to work in Senegal

Applications and Nominations

Applications will be accepted until the position is filled. Candidates are encouraged to apply as soon as possible. Applications including a resume and cover letter describing your interest, qualifications, language abilities, salary requirements, and how you learned of the position should be sent to: jobsafrica@rootcapital.org . Please include in the subject line of your email "FAS West Africa" followed by your name (Last, First). (e.g. FAS West Africa - Byomuhangi, Moses). Finalist candidates will be required to provide at least three work-related references.

For more information about this job posting [click here](#)

Root Capital is an equal opportunity employer

AiB Signature Events

Hakuna Sundays



WHEN: **Every other Sunday** | 6pm-10pm

WHERE: www.africansinboston.org - Social/ Event Calendar

WHAT: **Hakuna Sundays** is a bi-weekly networking mixer open to anyone looking to converse, share new ideas and make great connections!



AD NET Tuesdays

African Diaspora Network Tuesdays | Monthly Forum and Panel Discussion on African Diaspora Issues

WHEN: **Tuesdays** | 7pm to 10pm

WHAT: Monthly Forum and Panel Discussion on African Diaspora Issues

For a listing of other events in the community visit [our page](#) to view the calendar

Upcoming Events

BU African Studies Center | “Discontent of Per diems: Qualitative research on allowance payments in Malawi and Uganda”

WHEN: Monday, April 8, 2013 | 12pm-1:30pm

WHERE: William O. Brown Seminar Room #505 | 232 Bay State Road - Boston, MA 02115

WHAT: BU African Studies Center | The Walter Rodney Seminar Series - Spring 2013. Taryn Vian (Finance, Boston University School of Public Health) "Discontent of Per diems: Qualitative research on allowance payments in Malawi and Uganda" - This interdisciplinary series was named after Walter Rodney, the Guyanese scholar and political activist who was murdered in his native country in 1980. His book, "How Europe Undeveloped Africa" (1972), has long been considered a classic in African studies.

Yale Undergraduate Association for African Peace and Development | Sankofa54: African Youth Empowerment Conference

WHEN: Friday, April 12, 2013

WHERE: Yale Undergraduate Association for African Peace and Development | 211 Park Street - New Haven, Connecticut 06511

WHAT: Registration is now open! <http://www.yaapd.org/register> - Early Registration closes March 19th - Late Registration March 20 - March 31 - YAAPD cordially invites you to the second annual Sankofa54: African Youth Empowerment Conference. The theme for this year’s conference is Re-imagining Africa: a closer look at Autonomy, Identity and Perspective. We will ask what it means to be African or part of its diaspora, and how the re-imagination of Africa from an authentic, autonomous, and intellectual perspective can inform efforts to address issues of hunger, political and military unrest, and economic underdevelopment. Recognizing that solidarity and communal efforts of students on the continent and abroad is a necessary step for the future success of development and peace, Sankofa54 offers students the opportunity to partake in a holistic approach to learning about conflict resolution, peace, and development efforts within Africa and to acquire the necessary tools, network, and mentorship to effect change. The conference will include five discussion panels concerning economic development, global health, and peace and conflict resolution, as well as a series of breakout sessions regarding education, the status of women, and art and activism in Africa. Attendees will also have the chance to connect with important African businesses and NGOs at our networking fair.

For a listing of other events in the community visit [our page](#) to view the calendar

Upcoming Events, cont'd

Kenyans in Boston | Dinner with Boston Marathon Champions

WHEN: **Saturday, April 13, 2013** | 5pm-8:30pm

WHERE: Back Bay Events Center | 180 Berkeley Street - Boston, MA 02116

WHAT: The Embassy of the Republic of Kenya in Washington, DC and RUN with Kenyans invite you to join us for a great evening with Boston Marathon Champions and to celebrate Kenya's 50th Independence Anniversary. Validated parking available at 100 Clarendon Street.

Cost: \$35 for an 8-dish meal | Plenty of music and great guests also on the line - up.

Contact: Wilson Wahome Kiriungi for more info.

Congolese Genocide Awareness| One Million Bones Washington, DC Sendoff Event

WHEN: **Saturday, April 27, 2013** | 3pm-6pm

WHERE: 50 Thurston Street - Somerville, MA 02145

WHAT: We need your help and support to be a voice that will speak out and stand against "Genocide". We are planning a big event this summer JUN 8th, 9th and 10th on the National Mall in Washington, DC with our sister organization One Million Bones. Join us and stand for change.

For more info contact us @ info@drcga.org or call directly at 617-412-0259 Anthony Kasongo - CGA Executive Director

BU African Studies Center| "School Choice in Ghana"

WHEN: **Monday, April 29, 2013** | 12pm-1:30pm

WHERE: BU - William O. Brown Seminar Room #505|232 Bay State Road - Boston, MA 02115

WHAT: BU African Studies Center | The Walter Rodney Seminar Series - Spring 2013 - Kehinde Ajayi (Economics, Boston University) "School Choice in Ghana" - This interdisciplinary series was named after Walter Rodney, the Guyanese scholar and political activist who was murdered in his native country in 1980. His book, "How Europe Undeveloped Africa" (1972), has long been considered a classic in African studies.

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About Us

Africans in Boston, Inc. is an organization that fosters the socio- economic and educational development of its members by offering a platform that connects the African Diaspora in the greater Boston area and in the state of Massachusetts. The organization provides its members with various resources by cultivating meaningful and professional relationships and by creating a thriving environment.. By representing the African Diaspora living in the Greater Boston area, AiB's objectives are to:

- Unite the African Diaspora and establish a strong network
- Broaden the African Diaspora 's exposure and create a thriving environment
- Cultivate meaningful social and professional relationships

The total African population in Massachusetts is estimated at 101,776 as of 2012.

Africans in Boston, Inc.

Social | Educational | Business | Entertainment

www.africansinboston.org

Interested in Becoming a Member?

AIB MEMBERSHIP APPLICATION AVAILABLE ONLINE

If you are interested in becoming a member please visit our page to [register](#) . Also, see below for the following types of memberships, payments can be made on the [donation](#) section of the website :

All annual memberships include access to the newsletter in addition to the following:

- Student: limited access to AiB membership database (\$20)
- Associate: access to AiB database (\$50)
- Full: Complete access to AiB database and voting rights (\$100)

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